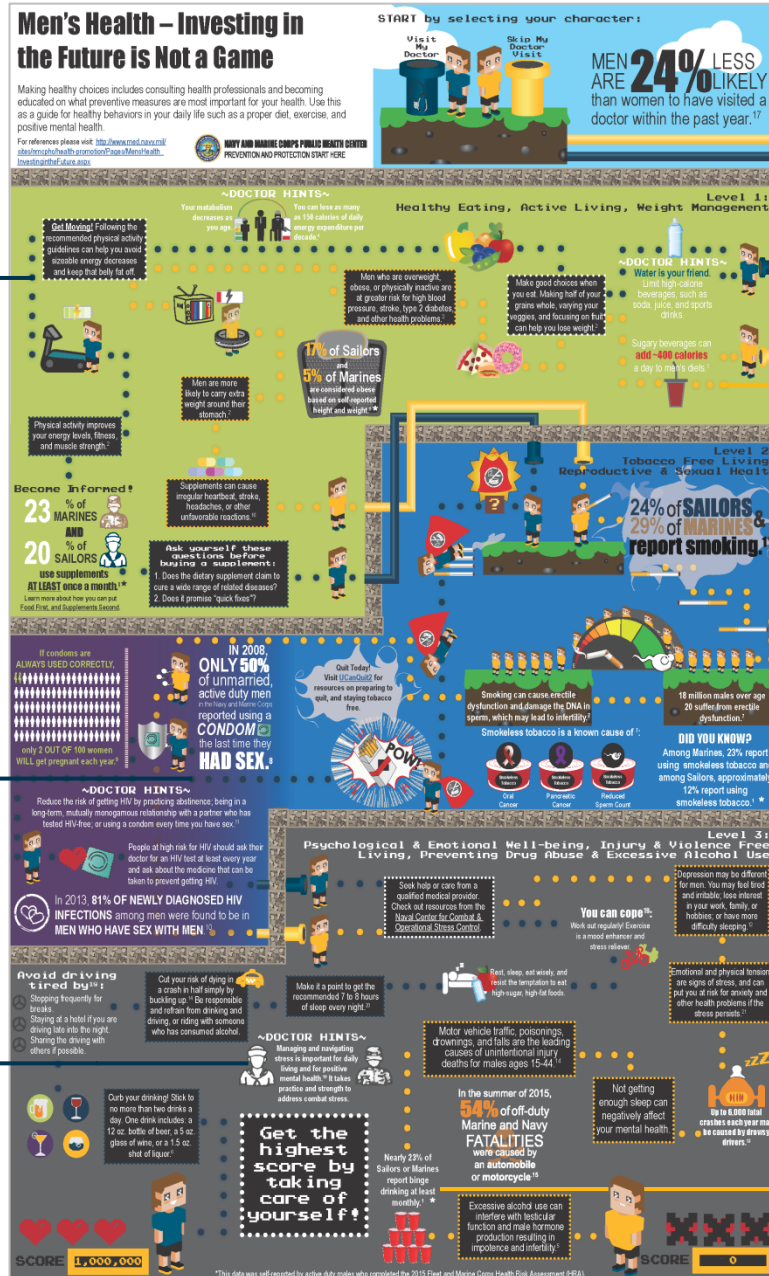




NMCPHC QUICK HITS

Men's Health- It's Nothing to Play Around With



Get moving! Being overweight may increase your risk for:

- Heart disease
- Type 2 diabetes
- High blood pressure
- Stroke
- Some types of cancer

Be sexually responsible! Condoms can help prevent sexually transmitted diseases (STDs) and unwanted pregnancies, yet many couples do not use them properly. For condoms to work properly, make sure the male partner is wearing one.

Managing stress might not be easy for everyone, but with a few helpful techniques you can start today!

- Eat Healthy
- Exercise regularly
- Get plenty of rest
- Avoid excessive alcohol use
- Quit tobacco

Limit your high-calorie beverages like soda, sports drinks and alcohol. These can add 400 calories or more to your diet.

The use of tobacco in any form is harmful. There are many benefits to your health and readiness when you quit tobacco including:

- Reducing your risk of a heart attack
- Improving your skin appearance
- Lowering your risk for some cancers

Think of your health and readiness before a night of binge drinking. If you plan to go out, limit your drinks to one per hour and alternate alcohol with water.

Additional Resources

- Visit NMCPHC's Health Promotion and Wellness (HPW) [Men's Health tool box](#) for additional tools and resources.
- See the full infographic by clicking [here](#).
- For more information on health and well-being, visit the [HPW webpage](#).

